

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

Senior Info-line

*A Free Statewide Source Of Information For Those
Caring For Senior Adults.*


The "Senior Info-line" is a FREE, confidential service that can help you locate services to help you care for a loved one. Our information and referral specialists are available 8 a.m. - 5 p.m. (CT), Monday-Friday to assist you. During evening and weekends, you can leave a message so your call can be returned the following business day.

The services available to you in North Dakota include:

- Alzheimer's Programs
- Home Health Care Organizations
- Hospice Programs
- Inhome Services
- Legal Assistance Offices
- Respite Care Programs
- Senior Citizens Center Services
- Transportation Services
- Senior Health Insurance Counseling

1-800-451-8693
Hours: Monday - Friday, 8 a.m. - 5 p.m. (CT)
If no answer, leave a message and your call will be returned the next business day.

**NORTH DAKOTA
SENIOR**

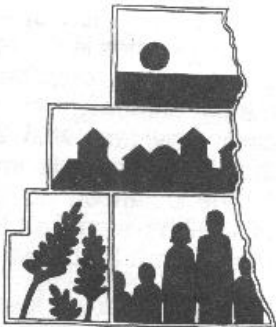


**INFO-LINE
1-800-451-8693**

Sponsored by
ND Dept. Of Human Services Aging Services Division

Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



_____ Please correct your mailing list

_____ Please delete my name from list ATTACH THE OLD MAILING LABEL

AGING SERVICES

Volume IX Number 1

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Winter 2007

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Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

TOP 10 LIST OF HEALTHY NEW

YEAR'S RESOLUTIONS

1. **Get a handle on your health in the New Year.**

Make a resolution to schedule a checkup, tests, and vaccines in 2007.

2. Choose snacks that help you eat well. Got the blahs from too many rich holiday snacks and treats? Healthy snacking can stave off hunger during the day and help you from overeating at meals.

3. Create a list of "must have" foods. Are the cupboards bare? Keep your pantry stocked with healthy foods in 2007.

4. Find out what foods prevent disease. Choose to eat more healthy foods in 2007. Record your health eating goals to stay on target.

5. Resolve to manage stress and keep your cool in the New Year. List the top 5 things that cause you stress. There should be some stressors on your list

that you can change. Choose one or two things on this list to work on in 2007.

6. Take time out for Yourself everyday. Relax for 15 minutes or more a day throughout the New Year. The restorative power of time alone can improve creativity, clarify your thoughts, and enhance understanding of your relationships.

7. Make time to get fit. Just 30 minutes of physical activity on most days can boost your health. It's easier than ever.

8. Become more physically active. Find out what activities are right for you. Design a program geared to your personal goals and activity level.

9. Renew your commitment to fitness. You're physically active, but slipping a little lately. Recommit to fitness in the New Year without getting burned out or losing interest.

10. Up your physical activity. Already physically active and want to do more in 2007? Resolve to up your physical activity ante.

WINTER STORMS AND

EXTREME COLD ARE YOU READY?

Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. The impacts include flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia.

You can protect yourself and your household from the many hazards of winter by planning ahead.

What to do before a winter storm threatens

1. Know the terms used by weather forecasters:
 - **Freezing rain** – Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
 - **Sleet** – Rain that turns to ice pellets before reaching the ground. Sleet also causes roads to freeze and become slippery.
 - **Winter Storm Watch** – A winter storm is possible in your area.
 - **Winter Storm Warning** – A winter storm is occurring, or will soon occur in your area.
 - **Blizzard Warning** – Sustained winds or

frequent gusts to 35 miles-per-hour or greater and considerable falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

- **Frost/Freeze Warning** – Below freezing temperatures are expected.
2. Prepare to survive on your own for at least three days. Assemble a disaster supply kit. Be sure to include winter specific items, such as rock salt to melt ice on walkways, sand to improve traction, snow shovels and other snow removal equipment. Keep a stock of food and extra drinking water. See the “Emergency Planning and Disaster Supplies” and “Evacuation” chapters for more information.

3. Prepare for possible isolation in your home:
 - Have sufficient heating fuel; regular fuel sources may be cut off.
 - Have emergency heating equipment and fuel (a gas fireplace or a wood-burning stove or fireplace) so you can keep at least one room of your residence livable. (Be sure the room is well

Region IV Aging Services Page 2

ventilated.) If a thermostat controls your furnace and your electricity is cut off by

a storm, you will need emergency heat.

- Kerosene heaters are another emergency heating option.
 - Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
 - Keep fire extinguishers on hand, and make sure your household knows how to use them.
 - Never burn charcoal indoors.
4. Winterize your home to extend the life of your fuel supply.
 - Insulate walls and attics.
 - Caulk and weather-strip doors and windows.
 - Install storm windows or cover windows with plastic.
 5. Maintain several days’ supply of medicines, water, and food that needs no cooking or refrigeration.

What to do during a winter storm

1. Listen to the radio or television for weather reports and emergency information.
2. Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
3. Dress for the season:
 - Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer

garments should be tightly woven and water repellent.

- Mittens are warmer than gloves.
- Wear a hat; most body heat is lost through the top of the head.
- Cover your mouth with a scarf to protect your lungs.

4. Be careful when shoveling snow. Over exertion can bring on a heart attack-a major cause of death in the winter. If you must shovel snow, stretch before going outside and don't overexert yourself.

5. Watch for signs of frostbite: loss of feeling and white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose. If symptoms are detected, get medical help immediately.

6. Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first, and give warm, non-

alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

7. When at home:
- Conserve fuel if necessary by keeping your residence cooler than normal. Temporarily "close off" heat to some rooms.
 - When using kerosene heaters, maintain ventilation to avoid building of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.

Winter Driving

About 70 percent of winter deaths related to snow and ice occur in automobiles. Consider public transportation if you must travel. If you travel by car, travel in the day, don't travel alone, and keep others informed of your schedule. Stay on main roads: avoid back-road shortcuts.

1. Winterize your car. This includes a battery check, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes,

defroster, oil level, and tires. Consider snow tires, snow tires with

studs, or chains. Keep your car's gas tank full.

2. Carry a "winter car kit" in the trunk of your car. The kit should include:

- Shovel
- Windshield scraper
- Battery-powered radio
- Flashlight
- Extra batteries
- Water
- Snack food
- Mittens
- Hat
- Blanket
- Tow chain or rope
- Tire chains
- Bag of road salt and sand
- Fluorescent distress flag
- Booster cables
- Road maps
- Emergency flares
- Cellular telephone or two way radio, if available.

3. If a blizzard traps you in your car:

- Pull off the highway. Turn on hazard lights and hang a distress flag from the radio aerial or window.
- Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful: distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.
- Run the engine and heater about ten minutes each hour to keep warm. When the engine is running, open a window slightly for

ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.

- Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers and floor mats for insulation. Huddle with passengers and use your coat for a blanket.
- Take turns sleeping. One person should be awake at all times to look for rescue crews.
- Drink fluids to avoid dehydration.
- Be careful not to waste battery power. Balance electrical energy needs—the use of lights, heat and radio—with supply.
- At night, turn on the inside light so work crews or rescuers can see you.
- If stranded in a remote area, spread a large cloth over the snow to attract attention of rescue personnel who may be surveying the area by airplane.
- Once the blizzard passes, you may need to leave the car and proceed on foot.

FALL and WINTER ADVICE for SENIORS For this Cold & Flu Season

- Never use antibiotics for a cold or the flu. They don't work!
- Never share or take leftover antibiotics.
- Finish your antibiotic prescription even if you start to feel better.

- Stay healthy! Wipe hard surfaces, like desks and tables, with disinfectant cleaner every day to kill most germs.
- Plowing and salting walkways is essential.
- Those who live with seniors should keep pathways clear in the house.
- Because influenza can lead to more serious conditions in older people, all seniors should get a flu shot.

Sources: Vol. 15, No. 4 Lincare News

Nutrition Sites Call the Grand Forks Senior Center

**for more information at
701-772-7245 for
Grand Forks and Nelson
counties.**



**Walsh County Nutrition
Program for Walsh County
at 701-284-7999.**

**Pembina County Meals &
Transportation for Pembina
County at 701-454-6586.**

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**Vulnerable Adult
Protective Services
(VAPS)
701-787-8540**

GF County Social Services Contract Agency

You can continue to make direct reports or referrals by phone, letter, in person, or fax. Upon receipt, reports or referrals will be screened for service eligibility.

Reports of suspected abuse, neglect, or exploitation of a vulnerable adult can be made by calling GF County Social Services at Phone:

**701-787-8540 or
Fax: 701-787-5918.**

SAFETY SKILLS

It is important that family members know how to administer first aid and CPR and how to use a fire extinguisher.

Learn First Aid and CPR

Take a First Aid and CPR class. Local American Red Cross chapters can provide information about this type of training. Official certification by the American Red Cross provides, under the "good Samaritan" law, protection for those giving first aid.

Learn How to Use a Fire Extinguisher

Be sure everyone knows how to use your fire extinguisher(s) and where it is kept. You should have, at a minimum, an ABC type.

Vitamin B-12

Involved in:

- Metabolism
- Production of blood
- DNA synthesis
- Regeneration of folate
- Nervous system maintenance

Deficiency Symptoms:

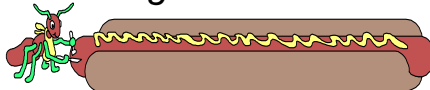
- Megaloblastic anemia
- Neuropathy - nerve demyelination
- Elevated homocysteine levels which are toxic to the nervous & vascular systems, & promote heart attacks, blood clots, & strokes

Contributing Conditions to Deficiency:

- Excessive use of Vitamin C
- Aging
- Alcoholism
- GI inflammation, damage, surgery or resection
- Celiac or tropical sprue
- Strict vegetarianism

Recommended Amount Per Day:

2 micrograms



Toxicity symptoms:

- None have been reported
- **NO** benefits of megadosing have been shown for nondeficient people



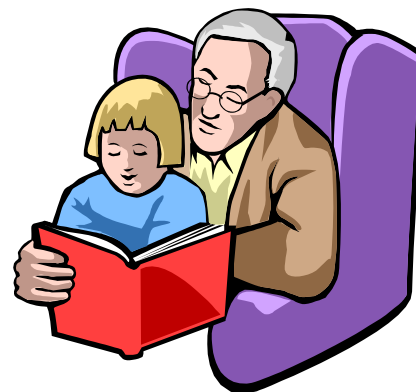
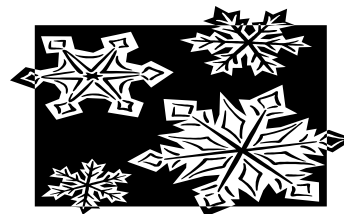
Good Food Sources:

- Oysters, Clams & Scallops
- Crab & Lobster
- Rockfish & Salmon
- Sardines
- Flounder & Haddock
- Swordfish & Tuna
- Egg yolks
- Organ meats
- Meat & Meat products
- Milk & milk products
- Camembert & Limburger cheese
- Cheddar & Cottage cheese

Fermented butter & fish

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sauces



Foster Grandparents

Sharing a
LIFETIME
of Wisdom

Check out the new web page:
http://www.seniorservice.org/redrivervalley_fgp

**Red River Valley
Foster Grandparent
Program**
**(701) 795-3112 or
888-256-6742**
State News

Minnesota Identity Theft and Assisted Living Bills Signed into Law

AARP Minnesota succeeded in seeing its top tow legislative priorities signed into law. In two separate bill-signing

ceremonies, Minnesota Governor Tim Pawlenty signed both the AARP-backed assisted living law. The identity theft law will allow Minnesota consumers to place a security freeze on their credit to control the release of private data. The signing of the legislation marked a milestone in a multi-year campaign by AARP Minnesota to protect Minnesotans from identity thieves. More than 500 AARP members visited the legislature this session to urge state lawmakers to take action to fight identity theft. And, thanks to the new assisted living law, Minnesotans will have a better understanding of exactly what services are provided in long-term care facilities that call themselves “assisted living.” Beginning January 1, 2007, care facilities that market themselves as “assisted living” must now provide basic services, such as twenty-four access to staff and help with things such as laundry, meals, transportation services, and activities. The legislation was passed to protect consumers by requiring facilities to offer, at a minimum, basic services and to clearly state what services are offered, allowing consumers to more easily compare facilities.

alzheimer's  association

Minnesota-North Dakota, information, education, friendship and support. To learn more about a support group near you, call the Information **24/7**

Information Helpline at
1.800.232.0851 or visit
<http://www.alzmdak.org/2familyservices/findingresources.htm> - **Support%20Groups.**

Paying for Long Term Care

An important part of planning for long-term care is deciding how to pay for services. This is because long-term care is very expensive, and contrary to what many people believe, their Medicare coverage will not pay for most of the long-term care services they need. While some people may qualify for Medicaid – the major payer of long-term care services, most people won't. There are other federal public programs, such as the Older American's Act, or state funded programs, that pay some long-term care services, but like Medicaid they target those people with the most functional and financial need. Consequently, if you are one of the 60% of people over the age of 65 who will need long-term care services – there's a very good chance you will have to pay for some or all of your long-term care services out of your personal income and resources.

Paying for long-term care out of your personal income and

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resources can be challenging. Even if you have a modest need for assistance at home with personal care, say a visit from a home health aide 3 times a week, based on 2006 average costs, you would

have to pay about \$16,000 a year for those services.

To make the best decisions about how to pay for long-term care you need to understand what services cost, what public programs you are eligible for and what they cover, what private financing options are available, and which ones work best for you.

What Does Long-Term Care Cost?

LTC includes a broad range of health and support services that people need as they age or if they are disabled. The majority of these services are personal care, or assistance with activities of daily living that many families are able to provide all, or some of, free. But, as care and support needs increase, paid care is usually needed to supplement family provided services and supports, provide respite to family caregivers, or to pay for more extensive services in a facility, such as a nursing home or assisted living, when individuals can no longer be cared for in their homes.

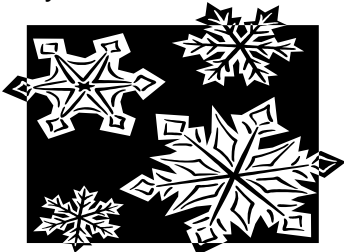
There are variations in costs based on the type and amount of care you need, the provider you use, and where you live. Home health and home care services, provided in two-to-four-hour blocks of time referred to as “visits,” are generally more expensive in the evening, or on weekends or holidays. The costs of services in some community programs, such as adult day service programs, are often

provided at a per-day rate, but vary based on overhead and programming costs. Many care facilities charge extra for services provided beyond the basic room-and-board charge, although some may have "all inclusive" fees.

The average costs in the United States (in 2006) are:

- \$171/day for a semi-private room in a nursing home
- \$194/day for a private room in a nursing home
- \$2,691/month for care in an Assisted Living Facility (for a one-bedroom unit)
- \$25/hour for a Home Health Aide
- \$17/hour for a Homemaker services

\$56/day for care in an Adult Day Health Care Center



North Dakota Receives Grant to Establish Senior Legal Hotline

Bismarck, ND – The federal Administration on Aging has awarded a \$100,000 grant to the North Dakota Department of Human Services to establish and market a legal assistance hotline for low-income senior citizens.

North Dakota is one of only six states to receive the federal funding. The department partnered with Legal Services of North Dakota to develop the proposal.

"The grant expands on the legal services we've been providing for the past 20 years through Older Americans Act funding and will make it easier for low-income senior citizens to access legal help," Aging Services Division Director Linda Wright said.

According to Wright, the planned hotline may be answered by an attorney with expertise not only in elder law issues, but also Native American and immigration law. Program details and a provider need to be finalized. Wright said funding may also help expand pro-bono and reduced-fee legal services for low-income seniors.

Seniors typically have legal questions related to personal finance matters, advanced directives, and care issues, she said. The department plans to promote the hotline to immigrant/refugee communities and in rural areas including Tribal

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communities.

The department will establish an advisory committee to oversee the grant. Members could include representatives from University of North Dakota School of Law, the

North Dakota Bar Association, community access television, the Immigration Law Advisory Council, Tribal judges, and other community organizations.

Retired Senior Volunteer Program (RSVP)

1207 24th Ave. S., Suite 312

Grand Forks, ND 58201

Phone: 701-787-0043

Fax: 701-787-0044

<http://rsvp.ndsu.nodak.edu>

Toll Free: 866-345-RSVP

<http://vista.ndsu.nodak.edu/>

Fact Sheet North Dakota Senior Info-Line

A service of the ND Dept. of Human Services' Aging Services Division
600 East Boulevard Avenue, Dept.
325; Bismarck ND 58505-0250

Statistically Speaking

The Senior Info-Line received a total of 1,383 calls and e-mails in the first three quarters of Federal Fiscal Year (FFY) 2006. Calls are received from clients, professionals, family members, and friends.

The average Senior Info-Line caller is female, 75-84 years old, low income, retired, and lives alone in a rural setting. She found the Senior Info-

Line number through another agency. She is most likely calling about in-home services, health concerns or help with her medications.

The Senior Info-Line is being used as a resource for everything from finding a phone number or an address to something as necessary as getting heat in a house during cold weather or finding help paying for expensive medication.

During the first three quarters of FFY 2006, the Senior Info-Line received calls from people in 156 North Dakota communities and 34 states.

The North Dakota Senior Info-Line website continues to grow in popularity. In the first three quarters of FFY 2006 the website averaged 482 hits per month. The hits on the website generated an average of 15 emails per month. If you haven't done so, please visit the website. You can search for information by program, by county, by services, or by city/state. The majority of website hits come from either professionals or adult children.

For Your Information

Many agencies across North Dakota are accessible through the use of toll-free numbers. Some of the most frequently requested toll-free numbers appear below:

Aging Services Division.....1-800-451-8693
Consumer Protection.....1-800-472-2600
Diabetes Control Program.....1-800-280-5512
Economic Assistance Division....1-800-755-2716
Interagency Program for Assistive Technology
1-800-265-4728
Job Service North Dakota.....1-800-247-0981
Legal Services of ND.....1-866-621-9886

Long-Term Care Ombudsman....1-800-451-8693
Lutheran Social Services.....1-800-450-0577
ND Assoc. for the Disabled.....1-800-532-6323
ND Crime Victims Compensation1-800-445-2322
ND Dept. of Human Services.....1-800-472-2622
ND Department of Labor.....1-800-583-8032
ND Donated Dental Services.....1-866-572-9390
ND Dept. of Emergency Services.1-800-472-2121
ND Insurance Department.....1-800-247-0560
ND Protection & Advocacy.....1-800-472-2670
ND State Library.....1-800-472-2104
ND Tax Commissioner.....1-800-638-2901
ND Tourism Department.....1-800-435-5663
Poison Control.....1-800-732-2200
Prescription Connection.....1-888-575-6611
Rural Economic Development....1-800-765-9476
Senator Kent Conrad.....1-800-223-4457
Senator Byron Dorgan.....1-800-666-4482
Senior Companion Program.....1-800-450-1510
Social Security Administration ..1-800-305-6526

Taking Care of Yourself -

ND SENIOR INFO-LINE:

1-800-451-8693

<http://www.ndseniorinfo.com/>



Rest

*The bridge between
despair and hope is a
good night's sleep.*

The Comfort of Home

© 2004 CareTrust Publication 800/565-1533

<http://www.comforttohome.com/>

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Roswell Henke – North Dakota 2006 Outstanding Older Worker

*Bismarck, ND – Roswell Henke
has been named North Dakota's
Outstanding Older Worker for
2006 by Experience Works. At an*

*age when many retire, Roswell
continues to grow and excel in
his position as advertising sales
manager for Clear Channel
Radio. This past year he earned
the Clear Channel President's
Club Award for his market, an
honor given to an elite group of
high-performing professionals.*

*The community benefits
immensely from Roswell's
contributions. He served 18
years on the Bismarck School
Board, including several terms
as president. He was a charter
board member of the Greater
Bismarck-Mandan Christmas in
April organization. He continues
to support this effort that
improves
quality of life for seniors, low-
income people and people with
disabilities by refurbishing their
homes to make them safer and
more comfortable.*

*Roswell volunteered for the Help
Line overseen by the Mental
Health Association in North
Dakota, gives time to his church
and assists his elderly parents
who live in a nursing home.
Tennis and bike riding keep him
healthy and physically active.
He also plays baritone sax in an
adult concert band that performs
for the public. (Taken from AARP
North Dakota News, Vol. 4, Issue 9,
September 2006)*

***"That man is richest, whose
pleasures are cheapest."***
Henry David Thoreau

***Don Smith Named
2006 Andrus
Award Recipient***

Don Smith, Bismarck, is the recipient of North Dakota's 2006 AARP Andrus Award for Community Service – the association's most prestigious and visible volunteer award.

In the nomination, they said, "Don inspires others to volunteerism primarily by the example he sets through his own commitment and dedication. He actively encourages others to become involved in various volunteer opportunities and his enthusiasm to help others is infectious."

The award symbolizes that individuals have the power and ability to make a difference in the lives of others. AARP North Dakota will formally present the award to Don at a recognition lunch. *(Taken from AARP North Dakota News, Vol. 4, Issue 9, September 2006)*

More Information:

<http://www.aoa.dhhs.gov/>

Region IV Health and Wellness Site Schedule

**Grand Forks County:
Greater Grand Forks Senior
Citizens Association,
Grand Forks, ND,
701-772-7245**

Gilby: 3rd Thursday of every other month
Manvel: 2nd Friday of every other month
Northwood: 3rd Friday of every month
Thompson: 2nd Monday of every other month

**Nelson County: Home
Health Services of Nelson
County Health System,
McVille, ND,
701-322-4328**

Schedules announced regularly with services offered every other month, odd months.

**Pembina County: The
Diabetes Center of Altru
Clinic-Cavalier,
Cavalier, ND,
701-265-8338**

Cavalier: 2nd Tuesday of every month

Drayton: Last Monday of every month

Neché: mornings, 2nd Monday of every month

Pembina: afternoons, 2nd Monday of every month

St. Thomas: mornings, 3rd Monday of every month

Walhalla: 1st Monday of every month

**Walsh County: Home
Health Hospice Services of
Unity Medical Center,
Grafton, ND, 701-352-9399**

Grafton: 3rd Tuesday of every month

Park River: 4th Wednesday of every month

Telephone Numbers to Know

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Regional Aging Services Program Administrators

**Region I - Karen Quick
1-800-231-7724**

**Region II - MariDon Sorum
1-888-470-6968**

Region III - Donna Olson

1-888-607-8610

Region IV - Patricia Soli

1-888-256-6742



Region V - Sandy Arends

1-888-342-4900

Region VI - Russ Sunderland

1-800-260-1310

Region VII - Cherry Schmidt

1-888-328-2662

Region VIII - Mark Jesser

1-888-227-7525

N.D. Senior Info-Line:

1-800-451-8693

<http://www.ndseniorinfo.com/>

Region IV Aging Services newsletter at the following link:

<http://www.nd.gov/humanservices/info/pubs/aging.html>

Vulnerable Adult Protective Services

Region I & II – Dale Goldade,
Vulnerable Adult Protective
Services, Long Term Care
Ombudsman -

1-888-470-6968

Region III – Ava Boknecht,
Vulnerable Adult Protective
Services, **1-888-607-8610**

**Region IV – Vulnerable Adult
Protective Services, Patricia
Soli – 1-888-256-6742.**

**Direct referral Grand Forks
County Social Services
VAPS - 701-797-8540.**

RaeAnn Johnson, contact for
Vulnerable Adult Team (VAT)
and Education– 1-888-256-
6742.

Long Term Care Ombudsman
1-888-607-8610.

**Region V - Vulnerable Adult
Protective Services, Sandy
Arends - 1-888-342-4900.**

Direct referral may be made
to Cass County Adult
Protective Services unit -
701-241-5747.

Region VI - Russ Sunderland,
Vulnerable Adult Protective
Services - **701-253-6344**.

Region VII - Cherry Schmidt,
Vulnerable Adult Protective
Services - **1-888-328-2662**

Region VIII - Mark Jesser,
Vulnerable Adult Protective
Services & Long Term Care
Ombudsman -
1-888-227-7525

**North Dakota New Health Care
Directives Guide on Web site:**
[http://www.nd.gov/humanserv
ices/info/pubs/docs/aging-
health-care-directives-
guide.pdf](http://www.nd.gov/humanservices/info/pubs/docs/aging-health-care-directives-guide.pdf)

ND Family Caregiver Coordinators

Region I - Karen Quick -
1-800-231-7724

Region II – Theresa Flagstad
– **1-888-470-6968**

Region III - Kim Locker-
Helten – **1-888-607-8610**

Region IV - Raeann Johnson
– **1-888-256-6742**

Region V – LeAnn Thomas-
1-888-342-4900

Region VI-CarrieThompson-
Widmer –**1-800-260-1310**

Region VII - Judy Tschider –
1-888-328-2662

Region VIII – Michelle
Sletvold – **1-888-227-7525**

Other

- Aging Services Division
Office and Senior Info
Line: **1-800-451-8693**
- AARP: **1-888-OUR-AARP
(1-888-687-2277)**
- AARP Pharmacy:
1-800-456-2277
- ND Mental Health
Association: **701-255-3692**
- ND Mental Health
Association Help-Line:
1-800-472-2911

- NDAD - **IPAT** (Interagency
Program for Assistive
Technology):
1-800-265-4728
- Legal Services of North
Dakota: **1-800-634-5263** or
1-866-621-9886 (for persons
aged 60+)
- Attorney General's Office of
Consumer Protection: **701-
328-3404** or **1-800-472-2600**
- Social Security
Administration:
1-800-772-1213
- Medicare: **1-800-247-2267/
1-800-MEDICARE**
Toll-Free 800 Information:
(Directory Assistance for 800
number listings):
1-800-555-1212
- Senior Health Insurance
Counseling (SHIC) ND
Insurance Department:
1-701-328-2440
- Prescription Connection:
1-888-575-6611
- Rural Health Updates, please
contact Lynette Dickson, CRH
program coordinator, at
701-777-3848 or
ldickson@medicine.nodak.edu

Region IV: Older Americans Act (OAA) Funded Nutrition, Outreach & Health Maint. Providers Plus assistance with Medicare Part D Enrollment GREATER GRAND FORKS (GF) SENIOR CENTER

Region IV Aging Services Page 10

(Serves Grand Forks and Nelson
Counties, Health Maint. Pembina &
GF Counties)
620 4th Avenue South-4534
Grand Forks, ND 58201
(701) 772-7245

**WALSH COUNTY NUTRITION
PROGRAM**
Box 620
Park River, ND 58201

(701) 284-7999

PEMBINA COUNTY MEALS AND SERVICES

Box 9
Drayton, ND 58225
(701) 454-6586

Energy Assistance

**For more information on energy
assistance programs call:**

- Grand Forks County
Social Services:
(701) 787-8500.
- Red River Valley
Community Action:
(701) 746-5431.
- The Salvation Army:
(701) 775-2597.
- St. Vincent de Paul:
(701) 795-8614.

**Reach your local energy company
at:**

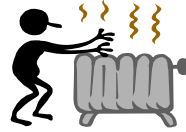
- Excel Energy: (800) 895-
4999 (residential customer
service).
NoDak Electric
Cooperative:
(701) 746-4461.



SOME TIPS ON SAVING ENERGY THIS WINTER

- Be sure your thermostat is located in an area that is not too cold or hot. Install an automatic timer to keep the thermostat at 68 degrees during the day and 55 degrees at night.
- Wear warm layered clothing indoors during cold weather.
- Don't just concentrate on the windows, install storm doors before the cold weather arrives.
- Open drapes and shades in winter to let in the sunshine.
- Prune any branches on shade trees that block the sunlight.
- Remove awnings that may block the sun from the house.
- Seal off any place where heat might escape. Check for cracks and holes around windows, doors, or in the foundation and don't forget the attic and basement doors.
- In colder areas it makes sense to move furniture away from exterior walls.
- Heat only those rooms that you use.

- For long-term absences, turn down the heat and the hot water heater. Wrap heating ducts with duct tape in places where they may be exposed to cold air. Putting insulation around pipes that need it is also an energy saver.
- Frequently dust or vacuum all radiator surfaces and vents.



Winter Storm Safety Rules



- **Take winter driving seriously.** Keep your car "winterized." Carry a winter car kit containing equipment to help you keep warm, visible, and alive if you are trapped in a winter storm.
- **Get independent.** Check battery-powered equipment, heating fuel, food stock, and other supplies.
- **Don't kill yourself shoveling snow.** It is extremely hard work and can bring on a heart attack, a major cause of death during and after winter storms.

- **Dress for the season.** Layers of protective clothing are more effective and efficient than single layers of thick clothing. Mittens are warmer than gloves. Hoods should cover mouth, to protect lungs from extremely cold air.

If a blizzard traps you, avoid overexertion and exposure, stay in your vehicle (but keep it ventilated), exercise, turn on dome light at night, stay awake, don't panic.
(U.S. Dept. of Commerce)

What is LIHEAP?



The purpose of the **Low Income Home Energy Assistance Program (LIHEAP)**

is to provide home energy assistance to eligible low-income households. The North Dakota Department of Human Services and the County Social Service boards administer the LIHEAP program.

Who Should Apply?

- Households who buy their heating fuel from a fuel dealer or utility company (fuel, oil, propane, natural gas, electricity, wood, coal, and kerosene), and households whose rent payments include the cost of heat, if they do not receive a rent subsidy. For LIHEAP services, call your local County Social Service office OR call the State LIHEAP office at: 1-800-755-2716. Hearing impaired: TTY # Relay ND 1-800-366-6888.